

Structured Clinical Interview for DSM-IV Axis-II PDs (SCID-II). All analyses were adjusted for PTSD severity, therapy duration, and other treatment (co-interventions) which was kept constant.

Results: A linear mixed model approach showed an increase in SIPP-SF scores from pre- to posttreatment, a significant influence of pre-post CAPS-5 for the total sample ($F(1,37.5)=6.95$), $p=.012$) and a marginal significant effect of other treatment ($F(1,21.9)=4.04$), $p=.057$). No significant main effects of time, therapy duration (3, 6, or 9 months), CAPS-5 by time was found (all $p>.05$).

Conclusions: EMDR treatment resulted in improved personality functioning. Other treatment next to EMDR had a negative impact on the increased of personality functioning.

Systems Training for Emotional Predictability and Problem Solving for older adults with borderline personality disorder symptoms

Presenter: E. Ekiz

Authors (and affiliations) abstract: E. Ekiz¹, A.C. Videler^{1,2}; M. Ouwens^{1,2}; S.P.J. van Alphen³⁻⁵

¹ Tilburg University, TRANZO Department, Tilburg, the Netherlands

² Clinical center of excellence for personality disorders and autism in older adults, Breburg Mental Health Centre, Tilburg-Breda, the Netherlands

³ Clinical center of excellence for older adults with personality disorders, Mondriaan Mental Health Centre, Heerlen-Maastricht, the Netherlands

⁴ Vrije Universiteit Brussel (VUB), Department of Psychology, Personality and Psychopathology Research Group (PEPS), Brussels, Belgium

⁵ Tilburg University, Department of Medical and Clinical Psychology, Tilburg, the Netherlands

Objective: Systems Training for Emotional Predictability and Problem Solving (STEPPS) is a 20-week group treatment program for patients with borderline personality disorders (BPD). STEPPS is an evidence-based treatment to reduce BPD symptoms. However, the mean age of patients studied thus far is 33 years. Studies evaluating STEPPS in older adults are lacking. Aim of this study was to investigate the feasibility of STEPPS in older adults with BPD symptoms.

Method: A naturalistic, pre- vs post-treatment pilot study design. Twenty-four patients (mean age 64 years) completed the Dutch version of the STEPPS program. Primary outcome was BPD symptoms and secondary outcome was psychological distress and maladaptive personality functioning.

Preliminary results of the ongoing study: The STEPPS pilot in older adults demonstrated a significant decrease in BPD symptoms (Cohen's $d = 1.6$), improved self-control of emotions and impulses ($r = 0.58$), and improved identity integration (Cohen's $d = 0.5$). No significant differences were found for psychological distress.

Conclusion: STEPPS is feasible for older adults with BPD symptoms. The treatment program led to a decreased in BPD symptoms and improvement of emotion regulation skills in older adults.

Future perspectives: To further improve the feasibility of STEPPS in older adults a Delphi study was performed with seven experts in the field. The results of this Delphi study will additionally be discussed in this presentation. Most important recommendations were the addition of age-specific topics to the STEPPS program, e.g., changing social roles, life review, and/or physical limitations.